

# For survivors of domestic violence, “Social Distancing” is nothing new...

If a friend or a neighbor is in trouble, what can you do?

- Help them plan where they (and the children) could go in an emergency or if they decide to leave.
- Agree on a code word or signal they can use to let you know they need help.
- Help them prepare an excuse so they can leave quickly if they feel threatened.
- Find out about how the police can protect them, and if calling the police is an option.
- Help them prepare an ‘escape bag’ and hide it in a safe place. If they leave, they will need money, keys, clothes, bank cards, driver’s licence, social security documents, property deeds, medication, birth certificates, passport and any other important documents.
- Think if it is safe to help interrupt an episode of violence, create a code so you can knock on the door.
- If they decide to stay they may need to think about other ways to protect themselves and the children from further violence.

\*\*\* Be careful. Don’t place yourself in a position where the person who is being abusive could harm or manipulate you. Don’t try to intervene directly if you witness a person being assaulted – call the police instead.

24-H Crisis Line 303.444.2424  
hotline@safefhousealliance.org